

Normalize Having Issues by Acknowledging Them

Issues, we all have them...

No one gets out of this life unscathed. It's time to normalize having issues, to recognize, embrace and transform them. Unfortunately, our issues are built upon the foundation of long-lived, detrimental family patterns. No one is perfect, we fail daily, and that's okay.

A brilliant TV show "[Ted Lasso](#)," reminds us weekly how flawed human beings are. And arguably more importantly, it also demonstrates how flawed humans *address* their issues. The final 'icing on the cake' is seeing the characters progress on their own self-healing journeys. This show normalizes the idea of having issues and acknowledging them.

Embrace your family mysteries

Everyone has family mysteries, dating back to our childhood and before we were born. We may unwittingly act out and react in unhealthy and unkind ways due to these family patterns that we may not even be aware of. It is important to realize that every negative family pattern started somewhere back in the history of the family lineage. Consequently, these negative patterns tend to repeat over and over, creating more damage in their wake.

Family secrets can hurt you

Family secrets are wounds which are energetically passed down through the family field of energy, to be repeated or re-enacted by each generation. One of the most enlightening books I've ever read on this subject is by [John Bradshaw](#). It's titled, "[Family Secrets – The Path to Self Acceptance and Reunion](#)," but was previously named: "*FAMILY SECRETS -WHAT YOU DON'T KNOW CAN HURT YOU.*" Bradshaw writes about the types of family secrets that families never discussed. He asserts that family secrets create negative patterns that continue to influence generation after generation until someone wakes up and says '*enough.*'

Turning off the family pattern and finding the true self

By exploring family issues, and the root causes of negative family patterns, we may also discover our true self. By saying '*enough,*' we begin stepping away from a negative family pattern and step into our power and discover our true self. As I explored my family's grief, I discovered the roots of my depression and anger. Subsequently, I also revealed my compassionate and loving self. You can read more about my self-healing journey in my book, "[Restore Your Self.](#)"

Aside from what it offers personally, welcoming this process of self-healing potentially lessens damage to future generations.

Normalize having issues; wounds, issues, imperfections abound

Recognizing the imperfections which cause us to hurt, disappoint, and blame others is the first step. Surprisingly, these same imperfections motivate us to become better humans. It's uncomfortable to fail, so we look for ways to feel comfortable again. One way to process intense negative emotions, is first, to acknowledge them, then breathe Light into them, and breathe them out. My [Breathe in Light technique, "Bright"](#) is a simple way to do this.

Relationships shine light onto issues

Each person brings their wounds into the relationship. So, relationships tend to amplify the issues that we carry around with us. We bump into our issues over and over, creating opportunities to notice what we need to work on. When you think about it, it's quite amazing that any relationship survives.

Depending on how well our wounds mesh with the other's may determine how long the relationship lasts. Despite our unique issues, it *is* possible to maintain a relationship while navigating our wounded terrain.

Our wounds await our self-awareness

Have you been sleepwalking through your own life? — Bumping into obstacles, without inner guidance directing you around and through them? Everything you bump into in life has a message for you, a truth to be revealed, a growth opportunity. Even an angry outburst is an opportunity for self-healing. The trick is to step away for quiet reflection and [breathe out what you were feeling](#). I always find clarity after I've done this.

Create growth opportunities

Welcome to your growth. "Life school" never ends and is always in session, no summers off. When you bump into something on an emotional level, greet it, embrace it, and begin to work with it. Ask your higher self and angels to guide you towards understanding. As you normalize having issues by acknowledging them, you embrace the self-healing journey you are on.

Breathe in Light and breathe out the layers of your issues

Breathe in light and breathe out what you're feeling to get clarity. Practice forgiveness and acceptance while simultaneously letting go of judgment and blame. The path of self-healing is gradual; progress accumulates over time.

My personal goal is to fail less often

Although my goal is to fail less often, I'm wise enough to know that I will never completely stop. How else will I continue to learn? Wink. Once you begin to welcome your lessons as blessings, your soul work quickens.

As Ted Lasso says/teaches us: *"Taking on a challenge is a lot like riding a horse, isn't it? If you're comfortable while you're doing it, you're probably doing it wrong."*

Life isn't always comfortable, but it's the challenge to grow and develop through it that makes it worth it.